



Senior Services

is a Division of the City's
Community Services Department

910 Longs Peak Ave | 303-651-8411

Office Hours: Monday - Friday, 8 am - 5 pm

LongmontColorado.gov/senior-services

Division of Senior Services offers recreation, informational programs, resource guidance, and services for those 55 years plus.

Registration

Please register in advance for all programs, classes, events, and trips.

Our 52 page complete GO Catalog and Resource Guide can be found online at www.LongmontColorado.gov/senior-services or you may pick one up at the Senior Center. The catalog includes more complete information about the programs listed here.



Cultural Enrichment Programs

Sponsored by the Friends of the Longmont Senior Center, there will be engaging speakers and music this quarter. The programs will be educational, insightful, and intriguing. We hope you enjoy the variety. Limited seating, registration required.

Fee: FREE, and please register in advance.

Enos Mills –

“Father of Rocky Mountain National Park”

Sept 11, Fri, 1-2pm

483000.04

As a boy and as a man, Enos Mills (1870-1922) lived a remarkable mountain life. From childhood on, his bond with mountains and wilderness, especially the Estes Park area, inspired him to overcome personal hardship to become a successful speaker, writer, naturalist, businessman, and driving force behind the creation of Rocky Mountain National Park, celebrating its centennial in 2015.



17th Avenue Allstars, 50's Show

Oct 2, Fri, 2-3pm

483000.05

The Denver-based 17th Avenue Allstars have been at the forefront of contemporary a cappella music since its inception in 1988. These talented vocalists thrill audiences nationwide with soulful renditions of songs from nearly every era of American pop music. Today's show will feature the hits of the '50's.

Hot Tomatoes Orchestra

Nov 6, Fri, 2-3pm

483000.06

This group is a fabulous nine piece band that specializes in swing, dance music, and big band jazz. Their unique style was developed from the great swing and jazz bands of the thirties and forties. They excel at re-creating the wonderful music of Benny Goodman, Artie Shaw, Glenn Miller, Tommy Dorsey, Duke Ellington, Count Basie and others. Doors open at 1:30 for seating.



Fall BIFF Films

Longmont Senior Services and the Boulder International Film Festival (BIFF) have created an exciting partnership to bring exceptional independent films to the Longmont Senior Center. A BIFF representative presents each film and facilitates a brief discussion. The films are projected onto a screen so that they are larger and easier to see.

Oct 13, Tue, 5:30pm

484405.04

Fee: Free, please register in advance

Featured films:

Keeper of the Mountain

As a reporter for Reuters, Elizabeth Hawley has lived alone in Kathmandu since 1960 and has interviewed thousands of returning mountaineers. Now in her 90's, Ms. Hawley is the world's foremost authority on Himalayan mountaineering and the final arbiter of disputed claims. This sharp, witty woman with an encyclopedic memory has made some of the world's most formidable mountaineers quake with her post-expedition interrogations, which they have fondly dubbed "The Second Summit." (USA/Nepal, Documentary Short, 2013, 25 min. Director: Allison Otto)



High and Hallowed: Everest 1963

In May of 1963, a team of brave Americans assembled on Mt. Everest in an effort to be the first from the U.S. to stand atop the world's highest mountain. Some climbed the traditional south route while others attempted the daunting, and previously unclimbed, West Ridge, now considered one of the most daring attempts in history. This harrowing film also incorporates a modern-day attempt on the West Ridge in 2012 in hideous conditions. (USA/Nepal, Feature Documentary, 2013, 48 min. Directors: David Morton and Jake Norton; Jim Aikman, co-director)

Wellness Education Classes

Low Vision and Balance

Learn more about dealing with low vision and coping skills when you have low vision from Emma Linne, occupational therapist from Summit Rehab at Life care Center of Longmont.

Date/Time: Sept 22, Tue, 1-2pm 485050.00
Fee: Free, please register in advance

Let's Solve this Puzzle; Drugs and Tumbles

Unfortunately, many people are unaware that their medications may be contributing to their fall risk! Understanding your medications can help minimize the risk of falling.

Date/Time: Sept 22, Tue, 3-4pm 485051.00
Fee: Free, please register in advance

Cognition and Falls Prevention

Join us for a discussion of the intersection of cognition and walking and balance. We will also discuss how addressing problems in the cognitive domain can improve safety awareness and reduce fall risks. Presented by John Dean, MA CCC-SLP

Date/Time: Sept 23, Wed, 10-11am 485053.00
Fee: Free, please register in advance

I've Fallen and I Can Get UP!

Learning the things you can do to improve and maintain balance is critical for staying out of the hospital due to falls. In addition to learning some skills and elements of balance, you'll learn about the safest way(s) to get on/off the floor, and why it is important to get off the floor following a fall vs. laying there and waiting for help.

Date/Time: Sept 24, Thurs, 10-11:30am 485034.00
Fee: Free, please register in advance

Foot Care, Foot Pain, Orthotics and Balance

As we age, it becomes more important to ensure proper care of our feet. Whether it's managing existing foot/ankle problems, making sure of proper shoe fit or considering between a store bought shoe insert and a custom orthotic, there is a myriad of information available.

Date/Time: Sept 24, Thurs, 1:30-2:30pm 485054.00
Fee: Free, please register in advance

Fiesta de Carnaval

¡Venga uno, vengan todos, al mejor espectáculo del mundo, el Carnaval! Acompáñenos en la celebración de una noche de diversión, comida y entretenimiento. Nuestra fiesta anual incluye actuaciones de "Bailes de Mi Tierra" y mucho más. No se olvide de traer sus zapatos de baile, vestuario brillante y un plato para compartir. Invite a su familia y amigos para celebrar junto a personas de diferentes culturas. Para más información contacte a Ana al 303-651-8411.

#483001.15 de Actividad

Fecha/Tiempo: viernes, 18 de Septiembre, 6-9pm

Costo: GRATIS, pero por favor regístrese con Ana

Calling 911 for Falls or Emergencies

Public Safety staff; Safety Education Coordinator, Michelle Cherniske and Firefighters (if they are available) will be here to talk with you about the response teams that show up at your door if you make a "911" call.

Date/Time: Sept 24, Thurs, 3-4pm 485055.00
Fee: Free, please register in advance

Dizziness, Balance and Falls Prevention

Stephanie Dunn, physical therapist from Summit Rehab at Life Care Center of Longmont, will present ways to minimize the dangers of falls as teaching a few simple exercises you can do to improve balance. Treatment options for dizziness and vertigo will also be discussed.

Date/Time: Sept 25, Fri, 1:30-2:30pm 485057.00
Fee: Free, please register in advance

Glowing Skin at Any Time and Any Age

Our skin is often a mirror of our health. There are many simple and inexpensive ways to improve both: health and the look of the skin.

Date/Time: Oct 29, Thurs, 12:30-2pm 485058.00
Fee: \$6 resident/ \$7 non-resident

FILM - Go in Peace!

Veterans are an invisible population for many of us, and the soul wounds of those who have experienced war are equally invisible. In honor of Veterans' Day, we invite you to view Go in Peace!, a documentary about the role caregivers can play in healing the soul wounds of veterans with PTSD, or Post Terror Soul Distress, as it is renamed by Dr. Ed Tick in the film.

Date/Time: Nov 10, Tue, 9:30-11am 485103.00
Fee: FREE, and please register in advance.

Group Extended Travel

with Gold Key Travel and Longmont Senior Services in August 2016. The Best of Eastern Canada; explore Montreal, Quebec City, Toronto and Niagara Falls. Information session is Tuesday, Oct 13, at 3pm at the Longmont Senior Center.

Carnival Fiesta

Come one, come all, step right up and have a ball! Join us in celebrating an evening of fun, food and entertainment! Our annual multicultural fiesta includes performances from "Bailes de Mi Tierra" and much more. Don't forget to bring your dancing shoes, colorful attire and a dish to share. Invite your family and friends to celebrate alongside people from different cultures.

Date/Time: Sept 18, Fri, 6-9pm 483001.15
Fee: FREE, and please register in advance

